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ABSTRACT

While the discipline of physical education has been oriented toward teacher preparation, declining enrollment in elementary and secondary schools and a growing interest in participant-oriented fitness and recreational sport as well as spectator oriented athletic events have emerged to set the stage for alternative professional preparation courses. This study assessed the extent and diversity of the alternative physical education preparation programs in the Southern District of the American Alliance for Health, Physical Education, Recreation and Dance. It also sought to determine the number and percentage of majors enrolled in the alternative professional preparation programs as compared to traditional teacher certification programs and the extent to which a required internship is part of the program. The results of a survey sent to 184 colleges and universities are presented on tables and a summary is offered. (JD)

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TRENDS REFLECTING NEW AND/OR
ALTERNATIVE PROFESSIONAL PREPARATION FOR
PHYSICAL EDUCATION

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PURPOSE OF THE STUDY

TRADITIONALLY, THE DISCIPLINE OF PHYSICAL EDUCATION HAS BEEN ORIENTED TOWARD TEACHER PREPARATION, HOWEVER, TWO FACTORS HAVE EMERGED TO SET THE STAGE FOR ALTERNATIVE PROFESSIONAL PREPARATION COURSES OF STUDY. THE FIRST FACTOR IS IDENTIFIED AS DECLINING ENROLLMENT IN ELEMENTARY AND SECONDARY SCHOOLS, THEREBY, BRINGING ABOUT A DECREASE IN THE DEMAND FOR TEACHERS IN ALL AREAS, INCLUDING PHYSICAL EDUCATION. THE SECOND FACTOR IS THE GROWING INTEREST AND INFLUENCE OF LEISURE ACTIVITIES--PARTICIPANT ORIENTED FITNESS AND RECREATIONAL SPORT AS WELL AS SPECTATOR ORIENTED ATHLETIC EVENTS AS ENTERTAINMENT. THESE CIRCUMSTANCES HAVE ALERTED THE PROFESSION TO ITS CHANGING NEEDS AND, TO A CERTAIN DEGREE, HAVE FORCED COLLEGES AND UNIVERSITIES TO MEET AN INCREASING DEMAND FOR NEW DIRECTIONS IN PHYSICAL EDUCATION PROFESSIONAL TRAINING.

THE PURPOSE OF THIS STUDY WAS TO:

1. ASSESS THE EXTENT OF THE ALTERNATIVE PHYSICAL EDUCATION PROFESSIONAL PREPARATION PROGRAMS WITHIN THE GEOGRAPHIC CONFINES OF THE SD-AAHPERD.
2. ASSESS THE DIVERSITY OF THE ALTERNATIVE PHYSICAL EDUCATION PROFESSIONAL PREPARATION PROGRAMS WITHIN THE GEOGRAPHIC CONFINES OF THE SD-AAHPERD.
3. DETERMINE THE NUMBER AND PERCENTAGE OF MAJORS ENROLLED IN THE ALTERNATIVE PROFESSIONAL PREPARATION PROGRAMS AS COMPARED TO THE TRADITIONAL TEACHER CERTIFICATION PROGRAMS.
4. DETERMINE THE EXTENT TO WHICH A REQUIRED INTERNSHIP IS PART OF THE PROGRAM.

SUMMARY OF METHODS

- I. QUESTIONNAIRES WERE SENT TO EACH OF 184 FOUR-YEAR INSTITUTIONS OF HIGHER LEARNING IN THE SOUTHERN DISTRICT - AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION, AND DANCE.
- II. THE INFORMATION WAS CATEGORIZED IN THE FOLLOWING MANNER:
 - A. COLLEGE/UNIVERSITY POPULATION
 1. 10,000+
 2. 5,000-9,999
 3. 3,000-4,999
 4. 1,500-2,999
 5. 1,499 OR LESS
 - B. PUBLIC (STATE SUPPORTED) OR PRIVATE INSTITUTIONS
 - C. NUMBERS OF MAJORS
 1. ALTERNATIVE PROGRAMS
 2. TRADITIONAL TEACHER CERTIFICATION PROGRAMS
 - D. TYPES OF ALTERNATIVE PHYSICAL EDUCATION PROFESSIONAL PREPARATION OFFERED IN THE SD-AAHPERD

TABLE I
CHARACTERISTICS OF COLLEGES/UNIVERSITIES SAMPLED

<u>STUDENT POPULATION</u>	<u>PUBLIC</u>	<u>PRIVATE</u>
10,000+	22	3
5,000-9,999	20	3
3,000-4,999	3	3
1,500-2,999	12	10
1,499 OR LESS	<u>0</u>	<u>30</u>
TOTAL	57	49

TOTAL NUMBER OF RESPONSES TO THE SURVEY WAS 106, INDICATING A RETURN RATE OF 57%.

TABLE II
TEACHER CERTIFICATION MAJORS VS. ALTERNATIVE CAREER MAJORS

<u>COLLEGE/UNIVERSITY POPULATION</u>	<u>10,000+</u>	<u>5,000-9,999</u>	<u>3,000-4,999</u>	<u>1,500-2,999</u>	<u>0-1,499</u>
TEACHER CERTIFICATION	4943/ 75%	1950/ 63%	564/ 77%	935/ 59%	900/ 65%
ALTERNATIVE CAREER	1620/ 25%	1168/ 37%	173/ 23%	640/ 41%	489/ 35%

TOTALS

TEACHER CERTIFICATION	-	9,292 MAJORS	60%
ALTERNATIVE CAREER	-	4,090 MAJORS	31%

TABLE IV
TYPES OF ALTERNATIVE PHYSICAL EDUCATION
PROGRAMS AT RESPONDING COLLEGES/UNIVERSITIES

SPORT ADMINISTRATION/MANAGEMENT

ATHLETIC ADMINISTRATION
 HEALTH/FITNESS CLUB MANAGEMENT
 SPORT MANAGEMENT

EXERCISE SPECIALIST/PHYSICAL EDUCATION

EXERCISE PHYSIOLOGY	CORRECTIVE THERAPY
EXERCISE TECHNOLOGY	CARDIAC REHABILITATION
BIOMECHANICS	MOTOR BEHAVIOR
ATHLETIC TRAINING	ADAPTED PHYSICAL EDUCATION
SPORT MEDICINE	WELLNESS
SPORT STUDIES	EXERCISE THERAPY
SPORT SCIENCE	SPORT PSYCHOLOGY

SPORT COMMUNICATION

SPORT BROADCASTING
 SPORT JOURNALISM
 SPORT INFORMATION

HEALTH SPECIALIST

GERONTOLOGY	HEALTH RELATIONS
NUTRITION	HEALTH SERVICES

EDUCATION (NON-TEACHING CERTIFICATION)

AQUATICS	DANCE
COACHING	PHYSICAL EDUCATION

SUMMARY OF RESULTS

OF THE QUESTIONNAIRES SENT TO EACH OF 184 FOUR YEAR INSTITUTIONS IN THE SOUTHERN DISTRICT - AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE, A TOTAL OF 106 (58%) WERE COMPLETED AND RETURNED. AN ANALYSIS OF THE DATA INDICATED THAT OF THE RESPONDING INSTITUTIONS, 94 (88%) OFFER PROGRAMS LEADING TO TEACHER CERTIFICATION IN PHYSICAL EDUCATION AND 80 (75%) OFFER ALTERNATIVE CAREER PREPARATION CLOSELY ASSOCIATED WITH PHYSICAL EDUCATION. IN MOST CASES, THE ALTERNATIVE CAREER PROGRAMS ARE OFFERED IN ADDITION TO THE TEACHER CERTIFICATION COURSES OF STUDY.

IN AN ATTEMPT TO CONDENSE THE INFORMATION, THE DATA WAS INTERPRETED BY CATEGORIZING THE OBTAINED INFORMATION ACCORDING TO THE TOTAL COLLEGE/UNIVERSITY ENROLLMENT AS SHOWN IN TABLE I. ONE OF THE MOST INTERESTING ASPECTS REVEALED BY THE DATA ANALYSIS INDICATES THAT THE LARGER PUBLIC INSTITUTIONS ARE MORE LIKELY TO OFFER ALTERNATIVE CAREER PROGRAMS IN PHYSICAL EDUCATION WHILE THE REVERSE IS TRUE OF PRIVATE COLLEGES/UNIVERSITIES. (SEE TABLE II.) ONE EXPLANATION COULD BE THAT THE SMALLER PRIVATE SCHOOLS, IN THEIR ATTEMPTS TO ATTRACT STUDENTS, HAVE FOUND THE ALTERNATIVE CAREER PROGRAMS TO BE A BETTER SELLING POINT TO PROSPECTIVE STUDENTS.

FURTHER ANALYSIS OF THE DATA REVEALED A TOTAL OF 13,382 PHYSICAL EDUCATION MAJORS CURRENTLY ENROLLED IN EITHER TEACHER CERTIFICATION OR ALTERNATIVE CAREER PROGRAMS AT THE RESPONDING INSTITUTIONS. OF THIS TOTAL, 4,090 ARE MAJORING IN SOME TYPE OF ALTERNATIVE PHYSICAL EDUCATION PROFESSIONAL PREPARATION COURSE OF

STUDY. THE TOTAL BREAKDOWN OF MAJORS IN THE VARIOUS STUDENT POPULATION CATEGORIES IS SHOWN IN TABLE III.

TABLE IV INDICATES ALL OF THOSE ALTERNATIVE PHYSICAL EDUCATION PROFESSIONAL PREPARATION PROGRAMS WHICH WERE LISTED AT LEAST ONCE BY THE INSTITUTIONS RESPONDING TO THE QUESTIONNAIRE. THESE PROGRAMS OR MAJORS HAVE BEEN GROUPED INTO FIVE MAJOR CATEGORIES: SPORT ADMINISTRATION/MANAGEMENT, EXERCISE SPECIALIST/PHYSICAL FITNESS, SPORT COMMUNICATIONS, HEALTH SPECIALIST AND EDUCATION (NON-TEACHING CERTIFICATION). THE MOST COMMON ALTERNATIVE CAREER PROGRAMS REPORTED INCLUDE ATHLETIC ADMINISTRATION, HEALTH AND FITNESS CLUB MANAGEMENT, EXERCISE SCIENCE, SPORTS MEDICINE, AND PHYSICAL EDUCATION (NON-TEACHING CERTIFICATION).

THE SURVEY ANALYSIS ALSO YIELDED SOME OTHER INTERESTING INFORMATION. THE DATA INDICATES THAT A MAJORITY OF THE MAJORS IN THE VARIOUS ALTERNATIVE CAREER PROGRAMS ARE RECEIVING A SUPERVISED, HANDS-ON LABORATORY EXPERIENCE PRIOR TO GRADUATION. SPECIFICALLY, 63% OF THE RESPONDING INSTITUTIONS OFFERING ALTERNATIVE PHYSICAL EDUCATION PROFESSIONAL PREPARATION PROGRAMS REQUIRE AN INTERNSHIP IN THE AREA OF SPECIALIZATION.

ANOTHER FACET OF THIS STUDY HAD TO DO WITH THE LOCATION OF THE PHYSICAL EDUCATION DEPARTMENT WITHIN THE ORGANIZATIONAL STRUCTURE OF THE COLLEGE/UNIVERSITY. THE PHYSICAL EDUCATION DEPARTMENT IS HOUSED WITHIN THE SCHOOL OF EDUCATION IN 43% OF THE RESPONDING INSTITUTIONS, AND IS LOCATED IN THE SCHOOL OF HEALTH, PHYSICAL EDUCATION AND RECREATION IN 24%. THE REMAINING 33% CONSISTING PRIMARILY OF THOSE INSTITUTIONS WITH SMALLER STUDENT

POPULATIONS LISTED THE PHYSICAL EDUCATION DEPARTMENT IN ANOTHER AREA OF THE ORGANIZATIONAL STRUCTURE.

THE BROAD AREAS OF SPORT MANAGEMENT AND WELLNESS/FITNESS ARE CLEARLY THE TREND FOR THE FUTURE. COLLEGES AND UNIVERSITIES ALL OVER THE COUNTRY ARE IMPLEMENTING PROGRAMS AT BOTH THE GRADUATE LEVEL IN THESE AS WELL AS OTHER INNOVATIVE ALTERNATIVE CAREER OPTIONS. THESE OPTIONS, THOUGH RELATED TO OUR TRADITIONAL PHYSICAL EDUCATION PROGRAMS, DEMAND THE DEVELOPMENT OF NEW SKILLS REQUIRING SPECIALIZED PREPARATION. ADDITIONALLY, COLLEGES AND UNIVERSITIES HAVE BEGUN TO DO MORE EVALUATION OF STUDENT NEEDS AND JOB MARKET TRENDS WHICH HAS LED TO NEW EFFORTS IN CURRICULAR DEVELOPMENT AND DEGREE OPTIONS. THE RESULTS OF THESE EFFORTS HAVE BROUGHT ABOUT A MULTITUDE OF PROGRAMS CAPABLE OF PROVIDING PROFESSIONALS EQUIPPED TO SERVE THE PUBLIC IN AVENUES FAR BEYOND TRADITIONAL TEACHING AND COACHING POSITIONS.

POSSIBILITIES FOR FURTHER STUDY

CONSPICUOUSLY ABSENT IN THE DATA DERIVED FROM THIS STUDY WAS ANYTHING REGARDING PROFESSIONAL PREPARATION DIRECTLY RELATED TO WORKING WITH THE ELDERLY. AS THE NUMBER OF OLDER PEOPLE IN THE UNITED STATES INCREASES EACH YEAR, LOGIC SEEMS TO INDICATE A PRESSING NEED FOR PROFESSIONALS TO SERVE THE ACTIVITY NEEDS OF THE ELDERLY. A STUDY TO EXAMINE THE EXTENT OF THE NEED FOR SUCH PROFESSIONALS AS WELL AS THE LEVEL OF PRESENT GERONTOLOGY ORIENTED FITNESS/WELLNESS PROFESSIONAL PREPARATION PROGRAMS IN EXISTENCE WOULD SEEM TO BE IN ORDER.